



Health Policy

Relationship to other policies:

This policy is to be read in conjunction with the Health and Physical Education Policy and Healthy Eating Policy (currently under development).

Rationale:

We believe the study of Health is important to foster knowledge, skills and values that promote good health and encourage positive participation in recreation, sport and leisure activities.

Purpose:

Health Education aims to develop in students:

- an understanding that health has physical, social and emotional dimensions.
- an understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities.
- knowledge and skills to plan, implement and evaluate actions to promote health and safety.
- an understanding of the physical, social and emotional development across the human lifespan to promote their health and wellbeing.
- an understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships.
- an understanding of how food provides nutrients for energy and growth, how it plays a significant social role in people's lives, and how to select food to promote health and growth.

Implementation:

- The current curriculum required by the State of Victoria is the core document for the school's Health program.
- Our school's sequential scope and sequence program, is included in our Individual School Drug Education Strategies (ISDES), and will form the basis for unit planning.
- A staff member will be appointed as the coordinator of the school's Health program.
- The Health program will be integrated with all other curriculum areas when appropriate.
- The Health program requires teachers to provide a wide variety of activities to cater for individual needs.
- The Health Program will be resourced from the Health program budget.
- Student progress in both Health and Physical Education will be reported in half and end of year academic reports.
- The Life Ed program will form a supportive part of the Health program.
- Sexual Education will be incorporated at all grade levels. Staff will refer to the 'Catching On Early' DET documentation to provide education to students across all grade levels.

Evaluation:

This policy will be reviewed as part of the school's three year review cycle.

Approval:

This policy was approved by the School Council on 11 October 2016.